



Living Well North Tyneside

Supporting Health and Wellbeing

The programme is designed for group settings, bringing children together to learn, gain vital life skills, and develop their own personal toolkits for managing their mental health going forward.

The programme is also developed to support parents in a group setting, gaining insight to best practise for supporting their children's mental health, and their own.



Mental Health services | childrens mental health | parent support group



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